

Extracts.

DANGER OF PROTRACTED SLEEP.
But here, as in so many other cases, the evil of deficiency has its counterpart in the evil of excess. Sleep protracted beyond the need of repair, and encroaching habitually upon the hours of waking action, impairs more or less the functions of the brain, and with them all the vital powers. This observation is as old as the days of Hippocrates and Aristotle, who severally and strongly comment upon it. The sleep of infancy, however, and that of old age, do not come under this category of excess. These are natural conditions, appertaining to the respective periods of life, and to be dealt with as such. In illness, moreover, all physicians are distinguished in their opinion, there are very few cases in which it is not an unequivocal good; and even in convalescence the brain, we believe, gains more repose than from any artificial attempt to rouse it into action.—*Edinburgh Review.*

**EXPLANATION OF THE FRENCH
GAIETY.**

The poorest class in the United States is well-to-do compared with the poorest in France, yet it is not as well fed nor as happy. There is a general cheerfulness in this people, which strikes the foreigner as soon as he enters the country. Race and climate have doubtless something to do with it, but hygienic nourishment and a moderate number of hours of sleep are the cause. In view of this fact, one cannot help regretting the waste of time and energy of reformers and philanthropists who try to bring about man's amelioration with unceasing addresses themselves to his head to the neglect of his stomach. It is an elementary law governing the human system that the brain and the stomach are inseparable, and that the one cannot flourish without the other. Any neglect of the stomach, and thus of any length of time without natural deterioration or destruction, and that an improvement in the condition of one implies an improvement in the other. Naturally, this

A NIGHT IN THE CONVENT OF THE
GRANDE CHARTREUSE.

At St. Laurent we turned up the gorge to the convent; it is exceedingly fine, and very narrow, and almost choked full of large trees with enormous falls of bright limestone rock that form the most magnificent and sublime scenery. There are some fine points of view. The Grande Chartreuse is an immense pile of seventeenth-century buildings, looking, if one approaches, a wilderness of dark slate roofs, and bell-turrets. When we arrived we were separated, C. being consigned to the care of some sisters. We were taken to see the whole building by one of the fathers. There are a series of very long cloisters, or of them ancient and Gothic, the rest modern; then we rejoined C. outside, and went up to see a party and a guide to the top of the mountain of St. Bruno, a steep climb of about a thousand feet above the convent, then we returned to dinner; there were that day sixty or seventy guests. The dinner was funny; first some soup, simply sage and water; just coloured with milk, like a "fototten pudding" of the worst kind; then an omelette, then a very rich, muddy carp, at *petit verre* of the celebrated Grande Chartreuse liquor, as strong as brandy. Strange though men who never eat nor allow meat should manufacture this potent spirit. Then a straight ramble with B. and C. My breakfast is a small, square, whitewashed room, ill-lighted, a low, dark brick floor, bed, table, crucifix, altar (which was also a cupboard) and a small saucer to wash in. I got up at the midnight office, anxious to see the father come in with their leathers; the howling was awful. There is a fine thirteenth-century cloister here, and a library, which looked to me in too good order for much use. I got a sketch in the morning. The Mont Cenis railway is most wonderful; up and down the most rapid slopes, and round the most rapid curves and corners, the steam engine paints its way in zig-zags. The soon comes to a dead end, and the engineer gives one the idea of danger, but all of a sudden the genius that could accomplish such a thing—"Life, Journals, and Letters of Dr. Allen."

BOWING.

New moon, new moon, I hail thee!
By all the virtue in thy body,
Grant this night that I may see
Ere who my true love is to be.

In Scotland, it was only the first new moon
of the new year that was appealed to in this
fashion; to obtain success, it was necessary
to set the back against a tree, and the feet
upon a ground-fast stone, and sing or say:—

O new moon, I hail thee!
And gif I'm ever to marry man,
Or wan to marry me,
His face turned this way fast's ye can,
Let me my true love see,
This blessed night.

the life of their ancestors." It is on occasion of this principle that he received this big, good-looking man, who, he says, "was the first person to whom we ventured to introduce the idea of a play, and an actor, and a dramatist, and that such an authority as his would hardly have been hard to record. On the 17th April, 1860, a contest took place in an American borer, named Heenan, crossed the seas to show that the new world could produce a pugilist of greater skill and prowess than Tom Sayers, who were the champion pugilist of Great Britain and Ireland, and the belt of England. Heenan was a giant, while the English pugilist was comparatively a man of small stature, but agile, skilful, and watchful. Almost at the commencement of the fight, the English champion, Tom Sayers, hit his antagonist with a blow, he received a terrible bruise, he made such good use of the other arm that Heenan's face, was battered into a mass in which it was difficult to discern any trace of the human countenance, and he said he was for the time completely blinded, and his antagonist was hardly less severely punished. The appearance of the police brought the fight to a premature close. Both claimed the victory, but Sayers possessed the champion's belt; and an attempt made to satisfy both of the combatants by presenting a belt to each was only partially successful. The English champion's reason for refusing to acknowledge the immense advantage of his antagonist, which this fight excited. Hall, London endeavored to be witnesses of it, and though comparatively few of those who attempted to make their way to the scene of action succeeded in arriving at it, the number of spectators was enormous. But that which will most astonish our posterity to learn is, that peers, members of Parliament, clergymen, men of highly-cultivated minds, men remarkable for artistic taste and artistic power, were in the ranks of those who witnessed this disgusting and entirely unlawful exhibition. Sayers made his public entry into the metropolis through a very crowd, and amidst tumultuous applause. *Bel's Life in London* boasted that the enthusiasm displayed was greater than would have attended the proclamation of a new king, and Lord Palmerston in his place in the House of Commons declared that he saw nothing more de-

Insurances.

annually, in cash, *plus* the *pro rata* of the Underwriting Business *pro rata* to amount of premium contributed.

RUSSELL & Co.,
Agents,
11 1069 Hongkong, 9th July, 1972.

Insurances.

Aruba	O. F. Drop	Dan. bk
Christianshavn		Dan. bk
Farøe Balangh	D. D. Oleffe	Brit. bk
Georgies	Finch	Ger. bk
Iao	T. H. Braun	Ger. bk
New Granada	E. Baur	Ger. bk

Insurances.

271	Jonn Bard & Co	
277	Carlowitz & Co	
350	Carlowitz & Co	
342	Siemssen & Co	Tientain
250	Ed. Schallhaus & Co	

HONGKONG MARKETS.
 Reported by Chinese on the 12th June 1891.

de los Angeles	Span. bk
la. Ana	Span. bk
na.	Brit. str

Printed & Published for the proprietors, by W. H.

Cotton, Shanghai, Ningpo,

304	S. Buelow
402	M. Nieta
373	M. Fiorford & Co

W. H. Bell, Wyndham Street, Hongkong.

Trade	Captains	Flag &	Tons	Companies	Destination
-------	----------	--------	------	-----------	-------------

Passes.	Addresses.	Reg.	Amount.	Comments.
HONGKONG.				
SKAMERS.				
Yokohama	P. S. Tomlin	Brit. str	2932	P. & O. S. N. Co
Yuna	Hopkins	Brit. str	561	Tuck-mee & Co
Yanaka	Thomson	Brit. str	852	Gilman & Co
Yamaguchi	Billahase	Span. str	267	E. J. Sage
Yamaguchi	Richardson	Brit. str	116	H. K. W. Di. Co
Yachow	Parad	Span. str	1087	Pack-shihlers & Co
Yan	Wadi	Brit. str	1370	Gilman & Co
Yan	De Smit	Brit. str	1865	D. Snaason, Sons & Co
Yan	Cory	Brit. str	1050	A. Heard & Co., Agents
Yan	Benning	Brit. str	1061	A. Heard & Co., Agents
Yan	Mourrut	Brit. str	69	Measageries Maritimes
Yan	Buzin	Rus. str	600	Landstein & Co
Yan	G. T. Westoby	Brit. str	858	D. Lupaik & Co
Yan	Hill	Brit. str	1214	Butterfield & Swire
Yan	Frabm	Brit. str	461	P. & S. Sage
Yan	Wilkinson	Brit. str	1027	Wm. Fustan & Co
Yan	Rigold	Freu. str	2090	Measageries Maritimes
Yan	S. W. Cowing	A.m.r. str	240	Ang. Heard & Co.
Yan	Mott	Brit. str	821	A. Heard & Co., Agents
Yan	R. Kentwell	Brit. str	180	Acheong
Yan	Valiant	Brit. str	101	Acheong
Yan	Brit. str	1310	Jardine, Matheson & Co	
Yan	Brit. str	380	A. Heard & Co., Agents	
Yan	Brit. str	332	Acheong	
† Running between Hongkong and Canton.				
† Running between Hongkong and Hsienkwa.				

SAILING VESSELS.		STEAM VESSELS.	
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	32
33	34	35	36
37	38	39	40
41	42	43	44
45	46	47	48
49	50	51	52
53	54	55	56
57	58	59	60
61	62	63	64
65	66	67	68
69	70	71	72
73	74	75	76
77	78	79	80
81	82	83	84
85	86	87	88
89	90	91	92
93	94	95	96
97	98	99	100

Alfred Devoux	Carrique	Frén. bk	774	Borneo Co. Limited	Manila, &c.
Alfred Renaud	Weena	Frén. bk	293	Ordo	
Argonaut	Nielson	Brit. sh	1072	Jardine, Matheson & Co	
Brilliant	Nowman	Brit. sh	333	Chinese	
Chalmers	Kewley	Brit. sh	937	Russell & Co	
Carl	Petersen	Ger. bk	415	Arnhold, Karberg & Co	Yokohama
Charley	Solavo	Brit. bk	359	Russell & Co	
Contest	Kramer	Siam. bk	338	Chinese	
How-Sye	Krusc	Siam. sh	453	Chinese	
Gully City	P. W. Yorath	Siam. bk	474	Chinese	
Harvard	Shoemaker	Siam. bk	270	Chinese	
Dora	S. C. Petersen	Ger. bk	235	Ordo	
Fabius	Stultze	Siam. sh	631	Chinese	
Fairfax	Sale	Siam. bk	350	Chinese	
Farless	Conwell	Amer. sh	709	P. M. S. & Co.	
Feldin	L. K. Dana	Nor. bk	235	Ang. Beard & Co	Calico
Fehrlitz	Rehultz	Siam. bk	441	Chinese	
Fertius	Brit. br	316	Russell & Co	Sydney	
Jeffrey	F. W. Munday	Frén. bk	233	Deborah & Co	
Johnston	Fahr Eac	Frén. bk	233	Rozario & Co	Dunedin
Kerridge	Mallier	Brit. bk	270	Mehebers & Co	Saigon
Kobenzollern	Hashagen	Ger. bk	636	Tuen-tai-hong	
Kongking	Freudenberg	Siam. bk	345	J. Degener	
Konsmaire	Fleurort	Frén. sh	585	Arnhold & Co	Hilo, &c.
Kosbelta & Maris	M. Canan	Amer. sh	788	Russell & Co	San Francisco
Kosch	R. Chandler	Brit. sh	569	Wojay, Hagsdorn & Co	London
Kosman Shepherd	W. E. Madden	Brit. sh	369	Bourjau & Co	
Kosman Marie	Schutt	Dan. bk	124	Birley & Co	
Kosman McLean	F. Taylor	Brit. bk	237	John Burd & Co	
Kosman	C. Dalberg	Dan. bk	350	Carlowitz & Co	Manila
Kosman	A. N. Lovo	Amer. bk	556	Ordo	
Kosman	T. D. Scott	Brit. bk	314	Chinese	
Kosman	Gremen	Ger. bk	303	Bourjau & Co	
Kosman	G. Green	Ger. bk	482	Carlowitz & Co	
Kosman	Patau	Frén. bk	482	Ordo	

Outler	Amr. bk	722	Order
G. W. Morris	Amr. ab	690	Battles & Co

Oracle	A. Rognaga	Peru. bk	1189	Wm. Fustan & Co	
Parana	Jagoret	Franch. bk	535	Ordn.	
G. Hpdit	Ger. bk	239	Jardins, Matheson & Co		
Alceda	Spain. bk	296	Benjamin & Co		
Peibo	Ned. bk	420	Ed. Schellhaus & Co		Labuan
Tweto	Siam. bk	451	Chinese		
Princess Seraphi	Monghan	371	Chinese		
Raca Horse	Siam. bk	308	R. S. Walker & Co		
Rebecca	Bundnard	220	Benjamin & Co		
San Lorenzo	Spain. bk	303	Oryphaux & Co		New York
Scottish Bride	C. Galarin	600	Chinese		
Scordalia	Noller	625	Russell & Co		
St. Barthelemy	Bourge	370	Wm. Fustan & Co		
Tekli	T. C. Peterzen	Ger. bk			

Rescoring Vessels & Hulks					
Chase	Welter	Pow. Mag	283	Harbor Master	
Fort William	Pargasea	Hulk	1000	P. & O. Co	
John Adams	Strold	Hulk	318	Water Police	

H. M. S. SHIPS IN THE CHINA SQUADRON.					
Name.	Rig.	Gun.	Dr.	Captain.	Where At.
Avon	doub. & gun. v.	4	120	Comr. Patterson	Hongkong
Adventure	s. sloop	2	103	Com. Hon. A. Denison	on passage home
Andromed	Steam Corvette	14	400	Capt. Wm. H. Wylie	Shanghai
Carlew	doub. & gun. v.	3	160	Comdr. E. J. Church	Tientsin
Dove	gun-bat.	3	60	To be Sold	Shanghai
Dwarf	doub. & gun. v.	4	20	Comdr. R. W. B. Cox	on passage to Y'ham
Elk	doub. & gun. v.	1	120	Comdr. B. B. Barnett	Amoy
Enterprise	Brigade	1	120		Hongkong

Leven	gun-vest	3	80	To be Sold	Shanghai
Mounsee	Military Hospital	—	—	—	Hongkong

Melville	Naval Hospital			Hong Kong
Midgely	dep. secon vl.	4	120	Cdr. Grant
Mosquito	gun-boat	4	60	Lieut. Comdr. Bond
Opossum	gun-boat	3	60	Lieut. Comdr. Fairlie
Princess Charlotte	Beechey ship	3	200	Commander Fort.
Ram	ship	7	800	Comd. Parsons
Ringdoe	dep. secon vl.	5	160	Comr. Pittman
Salamina	pad. dem. secon	2	250	Hon. A. C. Littleton
Tenzer	dep. secon vs.	2	200	Com. H. J. Keppeler
Thalim	Siam Corvette	6	400	Capt. H. K. Woolcombe
Thistle	dep. secon vs.	4	120	Comr. E. B. Leat

[illegible]

Name.	Nation.	Tons.	Gender.	Captain.
Coverzolo	I. corvette	2100		Capt. E. Agnini

SHIPPING IN THE CHINA WATERS.

Vessel.	Capt.	Flag & Reg.	Tons	Consignees.	Destination.
---------	-------	-------------	------	-------------	--------------

China	Hennings	Ger. str	642	Siemtsen & Co
Ann. str	Lord	Ann. str	250	and Heard & Co

John W. Giermanox	Copello	Lit. etc	747	Jardine, Matheson & Co	
Thales	Young	Brit. etc	775	D. Lapraik & Co	
Anna	Jeasen	Ger. bt	449	Saunders & Tassard	Saigon
Christianeavon	O. F. Damp	Dan. bt	271	John Barr & Co	
Faeng Balang	D. D. D. Wolfe	Brit. bt	277	Quarroy & Co	
Georges	Finch	Ger. bt	280	Carvillat & Co	Tientsin
Joe	J. B. Bann	Ger. bt	342	Siemssen & Co	
Nou Graunde	M. Datz	Ger. bt	280	Ed. Schellhaus & Co	

Vessels.	Captains.	Flag & Reg.	Tons	Consignees.	Destination.
----------	-----------	----------------	------	-------------	--------------

		CANTON.		
An-lan	Godsil	H.L.O.M.	g-b.	
Ung-lung Sing	E. Oboy	H.L.O.M.	g-b.	
Uem-jui	Poynter	H.L.O.M.	g-b.	
Uen-to	Robinson	H.L.O.M.	g-b.	
Uun-toi	Damés	H.L.O.M.	g-b.	
Uun-toi	Scott	Brit. str.	362	Olyphant & Co Customs Shop
Uun-gorth				
Uen-nera	Wright	H.L.O.M.	g-b.	
Uee-long	Olaysen	H.L.O.M.	g-b.	
Uei-ho	Green	Brit. str.	g-b.	A. Heard & Co., Agents
Uei-nera	Cocker	H.L.O.M.	g-b.	<i>Latid up</i>
Uun-fung	Sun-shün-fat	H.L.O.M.	cor.	
Uun-nien-ting	Stewart	H.L.O.M.	g-b.	
Ugan-tan	Palmer	H.L.O.M.	g-b.	
Peng-cho-ai	Drysdale	Brit. str.	918	Gilman & Co
Püga	Stewart	H.L.O.M.	g-b.	
Pün-ting	Clark	H.L.O.M.	g-b.	
Pün-Obse	Le Bush	H.L.O.M.	cor.	
Pün-an-lan	De Leogueville	H.L.O.M.	g-b.	
Pün-Po				
MACAO.				
America	de Lacerda	Pers. sh	1650	Captain
Anna	Elasennmenger	Ger. bk	237	Bomgau & Co
Damilla Cavour	Astorquia	Pers. sh	943	Wm. Fustan & Co
Emigrante	Pedro Bostt	Pers. sh	926	Wm. Fustan & Co
Fray Bantos	Angel Fülle	Pers. sh	473	Order
Fuan	Stephans	Span. str.	474	Order
Hongkong	Iriberri	Pers. sh	758	Wm. Fustan & Co
Macao	Viduarrazaga	Pers. sh	700	Order
Mango Capao	Luis Olaguibel	Pers. sh	909	Order
				Wm. Fustan & Co

Running between Canton and Macao.

SWATOW.					
In port 1st June, 1873.					
Christiana	Mookia	Brit. bk	819	Bradley & Co	San Francisco
Diana	Made	Fren. sh	711	Frewin & Co	
Carlota		Brit. sch	150	Bradley & Co	Laid up
Kirkland	Colledge	Brit. bk	453	S. Vincent & Co	
Mathilde	Daw	Brit. bk	226	Deeks & Kruger	
Maletote	Selwio	Brit. bk	286	Bradley & Co	
Theresa Behn	Steffens	Ger. bk	457	Deeks & Kruger	
AMOI.					
In port 9th June, 1873.					
Adelheid	Vogo	Ger. bk	235	Faaseg & Co	
Aliso	Laparde	Fren. sch	185	Tait & Co	
Annie Mariel	Sonne	Am. bk	215	Boyd & Co	
Allyzale Jole	Brown	Brit. bk	360	Boyd & Co	
Angust	Melder	Ned. sch	292	Peterson & Co	
Charlotte Andron	Vanderwood	Brit. bk	356	Boyd & Co	
Oleopatra	Schultz	Brit. bk	190	Boyd & Co	
Olina	Schmidt	Ger. sch	290	Faaseg & Co	
Daphne	Gulmsnyden	Nor. sch	154	Peterson & Co	
E. V. Beaulien	Schneider	Ger. bk	233	Tait & Co	
Furei Bismarck	Kruss	Ger. bk	322	Faaseg & Co	
India	Johansen	Ger. bg	146	Peterson & Co	
Janet Holt	Munro	Brit. bk	239	Boyd & Co	
Juno	Iverson	Ger. bk	259	Faaseg & Co	
Lala Stewart	Stewart	Brit. bk	336	Boyd & Co	
Louise & Marguerite	Croix	Fren. bk	318	Faaseg & Co	
Norcan Mondelli	Simon	Fren. bk	336	Tait & Co	
Pyborg	Hemple	Dan. sch	270	Peterson & Co	

Seaman & Bride	Anderson	Swanwick	Stewart & Co
Taunton.	Chalmers.	Brit. sh	Pasedag & Co
York.	Orfan	Brit. bk	Bord & Co

FOOCHOW.		In port on 23rd May, 1873.		
E. M. Young James Alfred Kronprindsessen David Masaeval Wilhelmine Koch Hietz	McMohen Gnemon Lebas Caaspersen Cace Koch Saplethora	Brit. bk 345 Fren. bk 495 Brit. bk 341 Dan. bk 343 Brit. sh 849 Esp. bk 275 Brit. bz 199	Gilman & Co Muster Muster Muster Chinese Muster Matheson & Co	Mabourne Sydney
SHANGHAI.		In port on 31st May, 1873.		
<i>The names of the numerous steamers, tugs, small craft, and receiving hulks employed on the Yang-tze are not included in this table.</i>				
Adels Adolf Anton Gunther Black Adder Florida Duty Ark D. of Sbercorn Electra Emma Fairlie Halsroten Georgia Halsroten	Wells Walker Kuhn Bisset Mutzen Moore Dalrymple McNutt Abram Athenorphy Beard Belgish Batem	Amer. sch 387 Ger. sch 805 Ger. bk 450 Brit. sh 917 Ger. bk 338 Brit. sh 338 Brit. sh 338 Brit. bk 334 Ger. bk 334 Brit. sch 178 Amer. bk 622 Brit. bk 611 Brit. bk 611	Fraser & Co Order Chinese Aug. Heard & Co Chinese Jardine, Matheson & Co Russell & Co Order Chinese Chinese Amn. Fraser & Co Swanmen & Co J. S. Baro	

Norham Castle	Marshall	Brit. bk	698	Gibb, Livingston & Co
Oscar Vidal	Kessell	Ger. bk	253	Nils Moller

Mr Launcelet	Edmonds	Brit. sh	857	Jarvis, Macdonald & Co
Thermopsis	Emball	Brit. sh	947	Ang & Ward & Co
Stana	Hunt	Brit. sh	880	Fraser & Co
Varuna	Diederich	Ger. bk	489	Wm. Pustan & Co
Estay	Percy	Brit. bk	300	Morris, Lewis & Co
YOKOHAMA.				
In port on 27th May, 1878.				
Kuhl	Hulk		430	H. Grunert
Lankaster	Brit. bk		340	E. & O. Co
Abbott	Store sh		1018	Walsh, Hall & Co
Gohar	Pr. Hulk		400	M. J. B. N. Hegt.
Morgan	Brit. bk		456	Van Oordt & Co
Imorganshire	Bonde		442	Chinsee
Lele	Store sh		363	H. Cook
María Luz	Percy		370	Captain
Varona	Brit. bk		450	P. M. Co
Osomane	Brit. bk		389	M. Verney
Salimar	Hulk		1557	Wilkin & Robinson
Apres	Store sh		1650	P. O. Co
Nagasaki.				
SHIPPING IN MANILA HARBOUR.				
Vessel.	Captain.	Flag &	Tons.	Consignees.

Size Allum	Brit. bk	583	Order
varina	Span. pg	246	F. Munoz

ippocampe	French, bk	378	Santi Ben & Co
Y. Hernandez	Span. bk	545	J. Ivara
C. Clarke	Brit. bk	643	Peet, Hubbard & Co
naig	Span. str	106	F. Reyes
de los Angeles	Span. bk	504	S. Rabido
de Ana	Span. bk	492	M. Niete
nal	Brit. str	373	M. Pickford & Co

Printed & Published for the proprietor, by W. H. BARR, Wynhall-Street, Hongkong.